

ABSTRACT OF THE DISCLOSURE

An optical pickup unit includes first and second light sources of first and second wavelengths, respectively, a dichroic element, a phase plate, and an objective lens. One of the first and second light sources is selected so that information recording or reproduction is performed by converging a light beam emitted from the selected one of the first and second light sources on an optical recording medium via the dichroic element, the phase plate, and the objective lens.